

BASE SAFETY DIRECTORATE TRAINING COURSES

Total Control Track Clinic, LEVEL 3: Is a controlled, risk-mitigated motorcycle track event that allows riders to develop or refine motorcycle handling skills by pushing both rider and motorcycle to physical and mechanical limits not possible under current on-base training conditions. Prerequisite requirements are completion of Level 1 and Level 2 required training. This course meets refresher requirements. Class size 30. **4 Hours**
Registration Form::

<http://www.mcbhawaii.marines.mil/Portals/114/WebDocuments/Safety/Motorcycle%20Registration%20Form%20rev.pdf>

Aerial Lift Safety Course: The Aerial Lift Safety Course provides operators' safety training as **required by OSHA General Industry Standard 1910.178, The American National Standards Institute (ANSI) ANSI-A92.5 and A92.6** as well as the Scaffold Industry Association (SIA) A92 standards. The classroom portion is scheduled 0800-1200. Practical applications (site specific) will occur in the afternoon following the classroom instruction and the following day in both the AM & PM (as required). Students must contact the Base Safety Directorate for information regarding the purchase of their IVES workbooks. Valid driver's license is required. Units are responsible for providing their own Aerial lifts. Units must also show proof that an annual inspection by a qualified mechanic on the specific make and model of aerial lift has been performed. Courses are scheduled as needed. Class is limited to 6 students. **8 Hours**

Alive @ 25 NSC: This course is a National Safety Council (NSC) Driver Improvement Program that is endorsed by the Department of Defense for all service members under the age of 26 regardless of rank. This course will educate students on how changing their driving behavior makes personal, legal and financial sense. The Base Safety Directorate (Building 279) will conduct courses monthly, from 0800-1200, except holidays. Participants must be in the uniform of the day. Class size is limited to 20. **4 Hours**

Annual/Refresher Safety Course: Course is mandatory for all civilian/military personnel who work on MCB Hawaii. This mandatory safety class fulfills minimum requirements of 1960 CFR, NAVMC 5100.8, and Base Order 5100.19. Topics covered: Occupational Safety Health (OSH) Law, Safety Inspections, Marine Corps OSH, 29 CFR 1960, 29 CFR 1910, 29 CFR 1926, walking and working surfaces, Office Safety, Emergency Action Plans, Fire Safety and basic fire extinguisher familiarization, Life Safety Code, Fire Bills, EGRESS, HAZCOM, Unsafe-Unhealthful Reporting, accident/incident reporting, employee safety responsibilities, Lead/Asbestos/Lock-Out Tag-Out/Confined Space awareness, Personal Protective Equipment (PPE), hearing and sight conservation, ergonomics, blood-borne pathogens, Operational Risk Management (ORM), Job Hazard Analysis (JHA), and Voluntary Protection Program (VPP). Course is offered twice a month. Class size is 5 to 40 students. **4 Hours**

Annual 1910 or 1926 OSH Training: Course is designed for all civilian/military personnel who work on MCB Hawaii. This safety class supplements annual requirements of 1960, 1910 and 1926 CFR, NAVMC 5100.8, and Base Order 5100.19. Classes are scheduled upon request. Class size is 5 to 40 students. When completed within 6 months of taking the Annual/Refresher Safety Training, students may receive their OSHA 10 Hour course completion card. **6 Hours**

(a) Annual 1910 OSH Training: Topics include: Intro to OSHA, walking and working surfaces, exit routes, Emergency Action Plans, fire prevention plans and fire protection, electrical, flammable and combustible liquids, machine guarding, Intro to Industrial Hygiene.

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(b) Annual 1926 OSH Training: Topics include; Intro to OSHA, electrical, fall protection, Tools (hand and power), scaffolds, material handling storage, use and disposal, stairways and ladders.

ATV Rider Course: Provides hands-on training, with emphasis on the safety implications relating to each lesson. Riders will learn basic techniques for riding an all-terrain vehicle responsibly. The lessons include starting and stopping, quick turns, swerving and riding over obstacles. Riders participate in both discussion and riding lessons. In addition, the instructor evaluates rider performance during each lesson and provides a written copy of this evaluation to each student at the end of training. A card is also issued to each rider from the ATV Specialty Vehicle Institute of America. Riders must provide their own ATVs and PPE. Class size limited to 6 riders. **8 Hours**

Basic Rider Course (BRC), LEVEL 1: This is the basic course developed by the Motorcycle Safety Foundation and required by all Marine Corps and Navy personnel regardless of age, rank or riding experience. This course has both classroom instruction and practical riding on a controlled motorcycle range. Participants use their own motorcycles in the course. This course prepares the rider to operate a motorcycle safely with emphasis on the special skills and mental attitude necessary for dealing with traffic. The classroom discusses the different types of motorcycle, their controls and how they operate; develops riding strategies for riding in traffic and dealing with critical situations; riders will also find out how alcohol and other drugs affect one's ability to ride safely. The hands-on training develops basic skills for straight line riding, turning, shifting and stopping. Range skill exercises progress to effective cornering, swerving and emergency braking techniques. The course concludes with a knowledge test and a riding skills evaluation. Class size 3 to 12 riders. **16 Hours.** Click below for the Registration Form:

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Basic Rider Course (BRC) Novice, LEVEL 1: This is course developed by the Motorcycle Safety Foundation is designed to for novice riders (riders with little to no riding experience) that only have their motorcycle permit and do not own a motorcycle. Participants use the Range Bike provided by Base Safety. This course has both classroom instruction and practical riding on a controlled motorcycle range. This course prepares the rider to operate a motorcycle safely with emphasis on the special skills and mental attitude necessary for dealing with traffic. The classroom discusses the different types of motorcycles, their controls and how they operate; develops riding strategies for riding in traffic and dealing with critical situations; riders will also find out how alcohol and other drugs affect one's ability to ride safely. The hands-on training develops basic skills for straight-line riding, turning, shifting and stopping. Range skill exercises progress to effective cornering, swerving and emergency braking techniques. The course concludes with a knowledge test and a riding skills evaluation. This course will help a novice rider decide whether or not they would like to purchase a motorcycle. Class size 3 to 6 riders. **16 Hours.** Click below for the Registration Form:

<http://www.mcbhawaii.marines.mil/Portals/114/WebDocuments/Safety/Motorcycle%20Registration%20Form%20rev.pdf>

Confined Space Entry Initial/Refresher Course: Course is mandatory for all MCB Hawaii civilian/military personnel who have responsibilities as either the; entrant supervisor, attendee, or entrant. This mandatory safety class

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fulfills requirements of 1910.146 CFR, NAVMC 5100.8 and Base Order 5100.19. Course contents include: review of definition for confined spaces, governing directives, permit and non-required permit spaces, hazardous atmospheres, employee training, supervisor, attendee and entrant program requirements. Familiarization with the model MX-6 iBrid multi-gas monitoring equipment used for testing for flammability, toxic atmospheres and oxygen levels in a confined space, in addition to calibration procedures, troubleshooting procedures and care of the air monitoring equipment. Attendees are required to take a final exam with a minimum score of 80% to pass. Course is scheduled quarterly. Class size is 4 to 40 students. **4 Hours**

CPR Course: CPR classes are held in the BSD classroom and can be scheduled with the BSD. Class size is limited to 6 unless prior arrangements have been made with BSD. POC is Mr. Terri Watkins, Scott Ebert or Mr. Rob McCarthy at 257-1830.

Experienced Rider Course (ERC) / Basic Rider Course-2 (BRC-2); LEVEL 2:

Designed for current experienced riders of Cruiser or Standard-style bikes to hone their skills and fine-tune their mental skills needed for survival in traffic. As such, the ERC should be utilized after periods of absence from riding such as a long deployment or down time. The ERC/BRC-2 covers the use of protective gear and rider responsibility. The classroom discussion with other experienced riders also covers how to balance the mental and physical aspects of safe riding, managing risk by increasing visibility and optimizing lane position. Using participants' own motorcycle, ERC/BRC-2 participants put into practice the techniques of managing traction, controlling rear-wheel skids, stopping quickly, cornering and swerving. The course concludes with a knowledge test and skills evaluation. Class size is 3 to 12 riders. Length of course is **8 hours**. Registration form is available at:

<http://www.mcbhawaii.marines.mil/Portals/114/WebDocuments/Safety/Motorcycle%20Registration%20Form%20rev.pdf>

Explosive Drivers Course: Required by 49 CFR 172.704 and implemented by NAVSEA OP-5 for drivers that transport ammunition and explosives on base or off base. Course is scheduled monthly. Class size is 10 to 40 students. **8 Hours**

Prerequisite: All Marines who attend the EDC are required to have a Certificate of Completion for Basics of Naval Explosive Hazard Control (AMMO-18) or a transcript stating that the Student passed the course. Marines who do not have their AMMO-18 Certificate of Completion will be able to attend the EDC, but the Explosive Drivers Certificate of Completion and Explosive Drivers Card will not be issued to the student until Base Safety Directorate receives documentation of completing an AMMO-18 Course.

NOTE: Marine Corps personnel with MOSs 2305, 2311, 2336, 2340, 6017, 6087, 6502, 6531, 6541, and 6591 have satisfied the requirement of AMMO-18 through completion of their respective MOS schools. A copy of the Marines Basic Training Record (BTR) showing the MOS from the above list is required.

Fire Warden Training: Instructs new fire warden on their duties and responsibilities. Class size is 4 to 40 students. Training is scheduled twice a month. **2 Hours**

Forklift Safety Course: The Forklift Safety Course provides forklift operators' safety training as required by OSHA General Industry Standard 1910.178, in addition to being the first step in obtaining their Government operator's vehicle license under NAVMC 10964 (Note: the IVES completion card is not a license, it represents proof of training only). The classroom

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portion is scheduled 0800-1200. Practical applications (site specific) will occur in the afternoon following the classroom instruction and the following day in both the AM & PM (as required). Students may contact the Base Safety Directorate for information regarding the purchase of the required IVES workbooks. Valid driver's license is required and students must be over 18 years of age. Units are responsible for providing their own Forklifts. Course is scheduled monthly. Class is limited to 6 students. **8 Hours**

Ground Safety for Marines (GSFM): This two-week course is designed for all MCB Hawaii civilian/military personnel who have responsibilities to perform the duties of MOS 9956. This course provides instruction on basic Occupational Safety and Health concepts/techniques in the Marine Corps Mishap Prevention and Safety and Occupational Health Program. The course content includes OSH background; Marine Corps and OSH Standards (29 CFR 1910); personal protective equipment; hazardous materials; Industrial Hygiene programs; recreation and off-duty safety; workplace hazard recognition; safety assessments; risk management; mishap investigation and reporting procedures; and motor vehicle and traffic safety programs. USMC E-4 and above with three years service, O-2/O-3/O-4 serving in ground safety billets, or DoD civilians serving work center supervisor billets. All personnel must have at least 12 months from course date remaining in job assignment. Course is scheduled quarterly. Class size is 10 to 40 students. **80 Hours**

Group Rider Course (GRC): This course covers information you need to know to put safety first whenever participating in a group ride. Riders learn about ride preparation, organization, pre-ride meetings, hand signals and proper riding formations in complex traffic situations. This course may be used to support unit group rides, increase safety awareness for riders returning from deployment as well as to enhance the Motorcycle Mentorship Program. The GRC is only scheduled through unit mentors, who coordinate with Base Safety (257-1830). Prerequisite requirements are completion of Level 1 and Level 2 required training. **4 Hours**

Hazardous Communication: This course is for all civilian/military that have responsibilities as shop level coordinators. This mandatory safety class fulfills requirements of 29 CFR 1910.1200, NAVMC 5100.8 and Base Order 5100.19. This course provides information about the hazardous properties of chemicals to include flammability, combustibility, toxicity, pH, radioactivity, the ability to polymerize, the ability to release oxygen, and reactivity with other chemicals. The course then focuses on how chemicals can enter the human body and how we can protect ourselves from the harmful effects of chemical exposure. Students learn how to read and interpret a Material Safety Data Sheet (MSDS), handle and store hazardous material. Course is scheduled quarterly. Class size is 4 to 40 students. **4 Hours**

Light Utility Vehicle (LUV) Operator Course: LUV training is conducted by qualified personnel from the Base Safety Directorate and/or the Military Police Department. The LUV Operator Course provides hands-on training, with emphasis on the safety implications relating to each lesson. Students learn basic techniques for operation of a LUV responsibly. Lessons include stability weight distribution, turning, stopping, traversing hill sides, driving up and down steep inclines. Some exercises are converted to asphalt areas for a complete understanding of the capabilities and limitations this surface provides. Units must provide their own fully-operational LUVs. Owner's manual for each LUV, valid driver's license and proper PPE is also required. Class size is based upon 2 operators per LUV. Minimum class size of 6, up to 12 operators maximum. **4 Hours**

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Materials Potentially Presenting Explosive Hazard (MPPEH): Required for any personnel that is turning in MPPEH to MCBH Recycle Center or Defense Reutilization Management Office (DRMO) to verify and certify that no potential explosive hazard exist for materials being turned-in. Classes are scheduled on monthly basis in conjunction with the Explosive Drivers Course or upon request as stand-alone course. Class size is 4 to 40 students. **1 Hour**

Military Sport Bike Rider Course (MSRC); LEVEL 2: MSF approved course designed for experienced Sport Bike riders in the military. This course is a Level 2 course for sport bike riders. For the purposes of this course, an experienced rider is one who has basic skills and is a current rider with a motorcycle license. The MSRC complements the skill learned and experienced in the Level 1 course. Special emphasis is given to self-assessment, risk management, rider behavior, riding strategies and overall skill development, particularly in braking, cornering and swerving procedures and techniques. Students must have attended the Level 1 training prior to attending this course. Class size is 3 to 12 riders. **8 Hours.** Click below for the Registration Form:

<http://www.mcbhawaii.marines.mil/Portals/114/WebDocuments/Safety/Motorcycle%20Registration%20Form%20rev.pdf>

Operational Risk Management (ORM): Course fulfills the requirements of MCO 3500.27. Provides planning personnel, practical application, on how to fill out mandatory risk management sheets. This is a highly recommended course for all supervisors and or managers. Course is scheduled quarterly. Class size is 4 to 40 students. **8 Hours**

Overhead Crane Course (CAT III): Course is designed to train students in the safe crane operations to include; communication, basic rigging, determining weights, crane inspections, crane and lift types and P-307 requirements. Course is scheduled quarterly. Class size is 4 to 25 students. **16 Hours**

Personal Protective Equipment (PPE): Course of instruction provides the information necessary for workers and supervisors to protect themselves from workplace hazards, and comply with the CFR1910.132-135 requirements for Personal Protective Equipment (PPE). The course addresses the following topics: Overview of the OSHA standards for PPE, Eye Hazards and types of Eye Protection available, Respirators: Requirements for Use and Types or Respirators available Head Protection, How to Select the Proper Gloves, Aprons, Suits, and Boots for the Job, Hearing Protection, When and How. The Course of Instruction is provided on-site, and the maximum class size is 45 persons. All course material, manuals, training equipment, and Course Completion Certificates are included. Class size is 4 to 40 students. **4 Hours**

Radiation Program Assistant (RPA): Course is designed to train Radiation Protection Assistants appointed to assist the Command Radiation Safety Officer (CRSO) or Installation Radiation Safety Officer (IRSO) in administration of the command or installation radiation program. This course covers the initial, annual and refresher requirements for RPA, as well as operating procedures for sources in use, radiation exposure limits, site survey requirements, biological effects and risks of exposure, types and sources of ionizing radiation, responsible Individuals, and emergency procedures. Additionally, topics of discussion include potential hazards associated with work areas, priority of Radiation Control (RADCON) vs. other safety considerations during an emergency, and procedures to reduce exposure.

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Course is offered quarterly by the IRSO, or upon request by units. Class size is 4 to 16 students. **4 hours**

Remedial Driver Improvement Course: The AAA Remedial Drivers Improvement Program is held the first Saturday of each month. The traffic court magistrate has mandated these classes. The course covers attitudes, fatigue, and driver impairment due to the use of alcohol or other drugs, consequences of improper/poor driving habits, and other appropriate topics. Marine Corps students need to be in their CHARLIES. Navy students need to be in their Summer Whites. DOD civilian or dependants need to be in business professional attire. Class is scheduled the first Saturday of each month, 0800-1400, except for holidays. **6 Hours**

Respirator Training & Fit Testing: Respirator training is a one-hour training for military and civilian employees provides quick but effective learning tools in recognizing how hazardous air contaminants get into the body, how to identify these hazards, how to select and wear the proper respirator that will provide the necessary protection and inspection, maintenance and storage of the respirator. Class is provided on a monthly basis or by request and is a pre-requisite for respirator fit-testing.

- All personnel and supervisors of personnel using a tight fitting-negative pressure respirator, or a filtering face-piece (dust mask) must attend training prior to using this equipment.
- Prior to attending Respiratory Protection training and Fit Testing, all users (except dust mask users) must have a current physical based on the age of the user.
- Attendees must bring a copy of their physical and their respirator on the scheduled day of training.
- Individuals must not have facial hair that will interfere with the face piece seal to the face.
- Refresher training and Fit testing is an annual requirement.
- For questions concerning the respiratory protection program, call the Base Safety Directorate-Respiratory Protection Program Manager at 808-257-1830

Class size is 1 to 12 students. **4-6 Hours** (Depending on number to Fit Test.)

Rider Coach Preparation Course (RCP): The MSF RCP is a performance-based program designed to prepare a well-skilled, safety-motivated motorcyclist in becoming a MSF-certified Rider Coach. During the course, candidates learn how to teach the BRC curriculum through practice teaching in the classroom, manage range exercises and how to evaluate and coach students as they develop their riding skills. The course culminates when candidates teach a complete BRC to a group of new riders. Successfully completing student teaching is your final requirement to qualify for MSF certification. This course is scheduled annually or as needed. Class size is 8 to 12 candidates. **80+ Hours.** Click below for course requirements and Application Form:

[http://www.mcbhawaii.marines.mil/Portals/114/WebDocuments/Safety/Rider Coach Preparation Application.pdf](http://www.mcbhawaii.marines.mil/Portals/114/WebDocuments/Safety/Rider%20Coach%20Preparation%20Application.pdf)

Supervisor/Manager Safety Training: Required course for civilian and military managers and supervisors who work on MCB Hawaii. This safety class fulfills the new supervisor requirements of 29 CRF 1960, and the annual refresher requirement in the NAVMC 5100.8, and Base Order 5100.19. Provides basic knowledge on recognizing safety hazards in the workplace, abatement methods, safety standards, supervisors responsibility for maintaining a safe and healthful workplace, processing unsafe/unhealthful reports, correcting

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workplace deficiencies, performing accident investigations and report filing, new employee safety training, intro to fire life safety code requirements. This is a required course for newly assigned supervisors and managers. Course is scheduled monthly. Class size is 4 to 40 students. **4 Hours**

Voluntary Protection Programs (VPP): This class is for all civilian personnel who work on MCB Hawaii under the 00318 Unit Identification Code (UIC). This mandatory class fulfills the requirements to obtain VPP star status and provides a brief overview of VPP. Class is incorporated into the Annual Safety and Supervisor Safety courses. VPP can be scheduled as a stand-alone class upon request. Class size is 4 to 40 personnel. **1 Hour**